



FamilyMeans
CAREGIVING & AGING

Caring for the Caregiver

A Caregiver Education Special Series

Join us to expand your toolbox of self-care strategies! Through the integration of movement and voice, memories and stories, caregivers will explore ways to express feelings associated with the daily work of caregiving. Sessions will conclude with tangible tools for practicing self-care at home. No prior artistic or movement experience is required to participate.

3 sessions at FamilyMeans

Thursdays (January 20th, 27th & February 3rd)

1:30-3:00 p.m.

\$60 for series. Scholarships are available.

Our guest presenter from Stuart Pimsler Dance Theatre: **Suzanne Costello** has been Artistic Co-Director of SPDT since 1984 and Director of the company's Arts & Heath, Arts & Education, and Community Inclusive Programs. She has created and implemented thousands of workshops throughout the U.S. and abroad with a multitude of populations: caregivers; stroke survivors; persons with cancer; veterans; K-12, college and university students.



Register or learn more by contacting
Sarah Gavin at (651) 789-4004 or email
sgavin@familymeans.org